




"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b></p> <p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 100 Calories 107mg Sodium 12g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>	<p><b>1</b> Sodium (mg): Na<sup>+</sup></p> <p>Beef Burgundy 241</p> <p>Egg Noodles 35</p> <p>California Blend 27</p> <p>Oatmeal Roll 121</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 434 Calories: 576 Carbs:62</p>	<p><b>2</b> Sodium (mg): Na<sup>+</sup></p> <p>Potato Pollock 150</p> <p>Hash Browns 136</p> <p>Summer Blend 57</p> <p>Dinner Roll 160</p> <p>Applesauce 20</p> <p>Total Sodium: 695 Calories: 658 Carbs:91</p>
	<p><b>5 Special Meal</b></p> <p>Lobster Mac n' Cheese *541</p> <p>Tomato Florentine 121</p> <p>Peas &amp; Mushrooms 133</p> <p>Wheat Bread 90</p> <p>Key Lime Pie 90</p>  <p>Total Sodium: 975 Calories: 996 Carbs:104</p>	<p><b>6</b></p> <p>Chicken Teriyaki 478</p> <p>Oriental Blend 26</p> <p>Asian rice 92</p> <p>Multigrain Bread 190</p> <p>Fresh Orange 2</p> <p>Total Sodium: 789 Calories: 391 Carbs:51</p>	<p><b>7</b></p> <p>Pasta w/ Meat Sauce 124</p> <p>Parmesan Cheese 108</p> <p>Roman Blend 26</p> <p>Oatmeal Roll 121</p> <p>Fresh Watermelon 5</p> <p>Total Sodium: 384 Calories: 448 Carbs:61</p>	<p><b>8</b></p> <p>Roast Turkey 360</p> <p>w/ Gravy 70</p> <p>Cranberry Sauce 16</p> <p>Cheesy Mash. Potato 90</p> <p>Winter Squash 13</p> <p>WW Bread 160</p> <p>Banana 1</p> <p>Total Sodium: 710 Calories: 675 Carbs:124</p>
<p><b>12</b></p> <p>Chicken Cacciatori 446</p> <p>Rice 36</p> <p>Peas &amp; Pearl Onions 82</p> <p>Oatmeal Bread 121</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 692 Calories: 442 Carbs:61</p>	<p><b>13</b></p> <p>Unsalted Saltines 12</p> <p>Tomato Bisque 182</p> <p>Broccoli Quiche 387</p> <p>Potato Wedges 27</p> <p>WW Roll 160</p> <p>Banana 1</p> <p>Total Sodium: 769 Calories: 809 Carbs:90</p>	<p><b>14</b></p> <p>Hamburger 250</p> <p>Ketchup Packet 82</p> <p>Chantilly Potatoes 238</p> <p>Italian Green Beans 90</p> <p>WW HB Roll 230</p> <p>Brownie 132</p> <p>Diet: Graham Wafer 85</p> <p>Total Sodium: 1022 Calories: 766 Carbs:95</p>	<p><b>15</b></p> <p>Roast Pork w/ 71</p> <p>Apple Gravy 111</p> <p>Sweet Potato 33</p> <p>Brussel Sprouts 12</p> <p>Multigrain Bread 190</p> <p>Dessert: Chef's Pick 280</p> <p>Diet: Low Sugar Cake 210</p> <p>Total Sodium: 696 Calories: 716 Carbs:84</p>	<p><b>16</b></p> <p>"Catch of the Day" 67</p> <p>w/ Herb Sauce 76</p> <p>Sour Cream/Chive 94</p> <p>Mashed Potatoes</p> <p>Country Blend 32</p> <p>Dinner Roll 160</p> <p>Fruit Cup 4</p> <p>Total Sodium: 433 Calories: 514 Carbs: 66</p>
<p><b>19</b></p> <p>Chicken w/ 320</p> <p>Supreme Sauce 111</p> <p>Confetti Rice 43</p> <p>Peas &amp; Carrots 80</p> <p>Oatmeal Bread 121</p> <p>Fruit Cup 6</p> <p>Total Sodium: 680 Calories: 442 Carbs:57</p>	<p><b>20</b></p> <p>Meatloaf w/ 172</p> <p>Mushroom Gravy w/ 148</p> <p>Portobello Mushrooms</p> <p>Red Bliss Potatoes 62</p> <p>Tahitian Blend 38</p> <p>Multigrain Bread 190</p> <p>Cinnamon Apples 4</p> <p>Total Sodium: 556 Calories: 539 Carbs:69</p>	<p><b>21</b></p> <p>Sausage &amp; Peppers *517</p> <p>Alfredo Pasta 115</p> <p>Sub Roll 162</p> <p>Fresh Peach 5</p> <p>Total Sodium: 801 Calories: 459 Carbs:61</p>	<p><b>22</b></p> <p>Tossed Salad 5</p> <p>w/ Dressing 119</p> <p>American Chop Suey 211</p> <p>Parmesan Cheese 108</p> <p>California Blend 27</p> <p>WW Roll 160</p> <p>Applesauce 20</p> <p>Total Sodium: 526 Calories: 441 Carbs:60</p>	<p><b>23</b></p> <p>Chicken A La King 183</p> <p>Egg Noodles 35</p> <p>Summer Blend 57</p> <p>Honey Wheat Bread 65</p> <p>Almond Cookie 290</p> <p>Diet: Graham Wafer 85</p> <p>Total Sodium: 631 Calories: 679 Carbs: 75</p>
<p><b>26</b></p> <p>Beef Chili 266</p> <p>Sour Cream 13</p> <p>Rice 36</p> <p>Corn Bread 280</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 601 Calories: 554 Carbs: 73</p>	<p><b>27</b></p> <p>Beef Bordelaise 247</p> <p>Mashed Potatoes 62</p> <p>Scandinavian Blend 42</p> <p>WW Bread 160</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 521 Calories: 623 Carbs:79</p>	<p><b>28</b></p> <p>Swedish Meatballs 321</p> <p>Egg Noodles 35</p> <p>Peas &amp; Carrots 80</p> <p>Oatmeal Roll 121</p> <p>LS Chocolate Cream Pie 130</p> <p>Total Sodium: 687 Calories: 735 Carbs:85</p>	<p><b>29</b></p> <p>Grilled Chicken Parm. 361</p> <p>Pasta w/ Sauce 56</p> <p>Broccoli Florets 12</p> <p>Multigrain Roll 190</p> <p>Apricots 10</p> <p>Total Sodium: 629 Calories: 472 Carbs:71</p>	<p><b>30</b></p> <p>Seafood Casserole *569</p> <p>w/ Scallops</p> <p>Florentine Rice 112</p> <p>Green &amp; Wax Beans 3</p> <p>Dinner Roll 160</p> <p>Fruit Cup 1</p> <p>Total Sodium: 846 Calories: 454 Carbs:63</p>

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium  
"Catch of the Day" will vary based on availability : Menu is subject to change without notice

**Your voluntary \$2 donation today, provides more meals tomorrow.**